

The impact of leisure activities on the retired Arab elders' well-being in Israel

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Abstract

The main purpose of this research is to examine the leisure activities that retired elders of above the age of 65 participate in and their relationship and effects on their well-being. In addition, it is aimed to reveal the sub-dimensions of well-being in terms of leisure participation, leisure satisfaction, quality of life and life satisfaction. The population of the research consists of individuals aged 65 and over living in the Arab sector in Israel. The quantitative sample consisted of 400 participants, while the qualitative sample included 50 participants. The research discovered that the connections between participation in leisure activities, satisfaction with leisure, general life satisfaction, and overall well-being among retired Arab elders in Israel may be influenced by cultural and individual factors. Moreover, the qualitative research has yielded valuable insights into the particular leisure pursuits favoured by this demographic, including social gatherings, domestic duties, and familial visitations.

Keywords: *Well-being, leisure recreational activities, elderly, leisure participation, leisure satisfaction, life satisfaction, quality of life, structural equation model.*

1. Introduction:

Looking at the statistical data, it is seen that the elderly population has increased more in developing countries. Therefore, efforts to keep the elderly in these countries healthy and socially active are not a luxury but a necessity. Increasing stress, sedentary life, technology triggering an unhealthy lifestyle, and accordingly the demand for health systems are increasing day by day. At this point, the effect of the future time perspective and the concept of leisure on health and welfare is a growing research topic in many parts of the world, especially in Western countries (Ince Yenilmez). The fact that many researchers associate the concept of health with leisure activities is the view that leisure activities are a source of joy and pleasure. Theory and research argue that this not only temporarily increases the quality of life at that moment, but also affects the emotional structure for a long time (Hoffman, et al., 2020). Participating in leisure time activities in old age will provide many different benefits such as increasing the level of social

participation and quality of life, enjoying life, strengthening family and friend relations, and increasing psychological well-being (McGowan, et al, 2021).

The elderly population is increasing rapidly in Israel as well as all over the world. There is a need to take measures to protect the physical and mental health of the rapidly increasing elderly population. With the loss of physical strength in old age, difficulties may be encountered, functional losses, and difficulties in adapting the body to changing situations. These situations can cause the elderly to experience mental depression and withdraw into their own shell (Dwolatzky, et al., 2015). Depending on the physiological, mental and social changes that occur in old age, the elderly's reaching a high quality of life depends on the understanding of the factors that determine their life satisfaction. The main objective of this study is to determine the effects of leisure activities on the well-being of retired elders. It further explains the elders' participation in leisure activities and improving the quality of life by associating them with leisure time satisfaction and life satisfaction. The relationship between the quality of life of older people and their leisure time participation is examined as an important strategy in maximizing the participation of older people in leisure activities and compensating for social and physical deficits (Marufkhani, et al., 2021). Investigation of the relationship between successful aging, quality of life, health and well-being of the elderly in Israel, and their participation in leisure time activities will be contributing.

It is a fact that the increasing stress, sedentary work life and technology contribute to unhealthy lifestyles, and accordingly the demand for healthcare systems is increasing day by day. The concept of leisure is associated with self-esteem mentioned in Maslow's hierarchy of needs. Satisfying a person's self-esteem improves their sense of worth and self-confidence (Altymurat, 2021). Family and work-related responsibilities of older people decrease compared to their previous lives. Thus, they can participate in many leisure activities. Although it is said that older people devote one third of their life time to leisure activities, it is also stated that older people have a lot of free time but do not have the resources to use this free time (Altymurat, 2021).

The use of leisure time and the impact of leisure opportunities on health and well-being are emerging as a growing research topic in other parts of the world, especially in Western countries (Sala, et al., 2019). Participation in physical activities increases

functional abilities and psychological well-being, and the elderly gain sociability with leisure time activities. In this way, family and friend relations, interactions with social networks and preoccupation with other people in the struggle with daily life make positive contributions to the psychological well-being of the elderly, their global life satisfaction and successful aging. Determining which activities, the elderly people achieve in Israel by participating in leisure time satisfaction will be examined in detail in the study.

The leisure benefits of leisure participation have positive consequences for the elderly. Leisure is considered leisure if it has regenerative benefits and positively affects health, Leisure recreational activities area, illness, health or income etc. in terms of leisure participation due to other reasons such as it was created for people in distress. Leisure participation aims to increase positive benefits and prevent negative consequences (Sala, et al., 2019). Leisure recreational activities initially focused only on solving the problems people have. Today, in leisure recreational activities, it is aimed to gain well-being benefits by improving the strength and capacity of the people, and meeting the leisure needs of the elderly has gained importance (Sala, et al., 2019).

Leisure activities need continuous development and adjustment to meet the necessary resource-based demands. Having a continuous and effective dialogue between the public and policy makers can help with leisure participation (Gow, 2017). Leisure participation increases people's ego positively. Meeting the needs that people need in terms of motivation is possible through leisure activities and becomes the key variable in obtaining satisfaction. A high level of participation in leisure activities has a positive effect on people's perceptions. Thus, it is possible to increase leisure satisfaction by participating in leisure activities (Gow, 2017).

Research studies on active aging has shown that there is a positive relationship found between the leisure satisfaction, life satisfaction and the quality of life. Life satisfaction has significant role in enhancing the quality of life (Chao, 2016). The relationships between life satisfaction, mental activities and physical activities have been examined in many research studies. Multinational studies are revealing that the relationship between leisure time and quality of life and developing the conceptual framework have also found that participation in leisure activities is an important determining factor of the quality of life (Chao, 2016). However, studies were evaluated using one or two variables

that may be related to the quality of life, Leisure participation in work, leisure satisfaction and life satisfaction.

In this study, it will be possible to obtain accurate information about the participation and effects of leisure activities of the elderly individuals on their well-being in Israel. The study reveals the relationship between the leisure and life satisfaction factors of the retired elders, and to determine the dimensions of the quality of life. Thus, it is envisaged to reveal the priorities, goals and choices of the elderly. In the study, it is predicted that the quality of life can be improved with satisfaction with participation in leisure activities. It is seen that studies on the elderly are not sufficient in Israel. It is expected that the results obtained from the study will contribute to the literature and guide new studies.

The definition of leisure time is important in terms of revealing the differences between the concepts of leisure and recreation. Indication of the boundaries of the concept of leisure is necessary for a better understanding of the concept of recreation. The concept of leisure is etymologically based on the Greek words "skhole" and the Latin "licere". These two words show that there are two different approaches to the concept of leisure in the historical process. First of all, the word skhole means school and associates the concept of leisure with learning and intellectual enlightenment (Torkildsen, 2010:46). The concept of Skhole is defined as participation in leisure activities and free choice for physical, mental and cognitive health. Although leisure time is an old concept, it still attracts the attention of the individual today. influences and gives meaning to the individual. Leisure participation is very important for the individual's emotional, cognitive, social health and well-being (Tokarski, et al., 2020).

The word Licere means to be on leave, to be exempt from obligations. In this period, the concept of leisure is associated with the freedom of the individual. These two concepts point to the existence of two basic elements in the definition of leisure time. In order for the residual time outside of work to be defined as leisure time, first of all, the individual must be free within this time period, in other words, he must be exempt from all his obligations and must include the learning element (Tokarski, et al., 2020).

Today, the importance of the concept of leisure in different disciplines such as sociology, psychology, economy and tourism were made possible by the Industrial

Revolution. Worker movements caused by increased working hours in this period resulted in shortening of working hours. This situation has revealed the concepts of "disposable time" and "residual time". However, in order to distinguish these defined time periods from "leisure time", the researchers took into account the criteria of "existence, survival and optionality" (Güven, 2019). Because the disposable time that is outside the work time, which covers the working hours of the individual, includes the time of the individual's existence and fulfillment of his vital requirements. However, as stated above, "leisure time" occurs when the individual is free and able to choose freely and develop himself intellectually. Over time, this situation includes not only intellectual development, but also physical, social, emotional and spiritual development (Karaderi, 2021).

Leisure time can be defined as a time that an individual can reserve for himself and use it freely after fulfilling his obligations and responsibilities in life (Karaderi, 2021). Leisure is a state of mind that stays out of the individual's work, family and social obligations, creates opportunities for freedom and leads the individual to optimism. It is important because it creates an attitude that encourages the individual to be productive with his environment and those around him, and to be productive within the principle of voluntariness (Kara & Ozdedeoglu, 2017). Leisure is also expressed as a mental attitude or the state of acquiring a quality of experience. Leisure time is actually the state of being active that creates an opportunity for the fulfillment of wishes. Because, in this process that the individual has reserved for himself, besides the relaxation, it allows the expansion of his knowledge, the development and increase of his creativity and skills (Güven, 2019).. The use of leisure time helps the individual to know himself, and reveals feelings such as internal motivation and dominance, self-sufficiency, being strong, appreciating and enjoying. In other words, leisure time is defined as the time of an individual to cope with the difficulties of life, to resist and to realize himself (Kelly, et al., 2020).

As can be understood from the explanations, leisure time is a concept that can be defined in various ways in the literature. Although there are common features in the definitions of leisure time, important differences can also occur. The definition of the concept of leisure has changed throughout history. The concept of recreation, which is used close to the concept of leisure, is often confused with leisure. However, within the scope of the concept of leisure, there may also be elements independent of recreation.

1.1 Statement of the Problem

Each age has its own characteristics, demands, needs and issues. The fact that elderly individuals become consumers and dependent on foreign sources can cause some problems in terms of themselves and their families, as well as their environment. It is very important for individuals to be prevented from coming to this situation and to continue their lives in an active and healthy way according to their interests and potentials. At this point, the important thing is to identify the leisure participation of elders and realize the effects of the participation of the elderly in leisure activities on their well-being, life satisfaction and the necessity of a perspective that can make this a part of their lives.

1.2 Significance of the Study

People go through many stages during their lifetime and old age is the last stage of human life. The onset and evaluation of old age vary according to the welfare level of societies and the individual, social and cultural characteristics of people (Onur, 1997). While the changes and developments in living standards increase the number of the elderly population by extending the lifespan, they have brought along the problems that arise in this period in psychological, physiological, social and many other dimensions. As individuals get older, their health and status generally deteriorate, but the amount of free time they can do for themselves increases compared to the past. Generally passive in leisure time the elderly who prefer activities are not interested in activities where they can be active and active. It is seen that they are gradually moving away together (Boley, 2001). Selected leisure activities affect the well-being of individuals and their relations with society, friends and family. Life quality is a phenomenon that should be emphasized for the concept of aging.

In this study, the types of activities that the elderly prefer in their leisure time, what the main components of their life satisfaction are and how they perceive their well-being in general were investigated. In addition, the relationship between their leisure participation, leisure satisfaction, quality of life and life satisfaction was tried to be emphasized. It is thought that revealing this relationship is important in terms of social adaptation of the elderly, their perception of their own health, their active participation in society and increasing their quality of life.

One of the important features of this research is to present a model in which the contribution of the leisure time participation of the elderly in Israel can be determined to their quality of life. Examining the activity dimensions related to the leisure time participation of the elderly, examining the effect of the leisure time participation on the leisure satisfaction, determining the relationship between this satisfaction and the life satisfaction of the elderly, and the effect of this life satisfaction on the quality of life will provide an important contribution to the recreation and leisure recreational activities literature for the elderly in Israel.

Another important aspect of the study is the adaptation of the leisure time participation, leisure satisfaction and quality of life scales used in the study to the elderly in Israel. In addition, the absence of any studies describing the relationship between these scales is characterized as the main motivating factor of this study. Therefore, putting forward and testing the model with such an approach reveals another important aspect of the research. In this context, in the model put forward, the aspects of leisure time participation, leisure satisfaction and life satisfaction are explaining the relationships between leisure activities and quality of life. These variables will make a contribution to the literature.

2. Method and Material

The Study Methodology (a mixed method)

Finding out what methods were used to gather information for the study is the focus of this section. This study utilised a mixed methodology of quantitative and qualitative techniques. The goal of this data collection effort was to have a more well-rounded understanding of the topic at hand. A questionnaire was developed and sent out to respondents in order to gather numerical information. The data gathered from this questionnaire may be trusted because it was created with authenticity in mind (Wang et al., 2019).

However, in-depth interviews with the individuals were used to acquire qualitative data. The purpose of qualitative research is to gain insight into nuanced occurrences and people's lived experiences (Creswell., 2018). The interviews were conducted to learn more

about the participants' thoughts, feelings, and attitudes about the matter. According to research (Braun & Clarke, 2019), thematic analysis is one of the most popular techniques for delving into qualitative data. The purpose of thematic analysis is to find overarching themes or patterns in the data that can shed light on the research question.

This study was able to provide a more in-depth examination of the topic since it combined quantitative and qualitative research approaches. The goal of this survey and interview was to gain insight into the complicated relationship between leisure pursuits, quality of life perceptions, and happiness levels among Israel's retired Arab population.

3. Results

Quantitative analysis

T-Test

Table 1: Relation between leisure activities and quality of life.

Group Statistics				
	activities	Mean	Std. Deviation	Std. Error Mean
I enjoy participating in leisure activities.	Leisure activities	3.1429	1.46385	.55328
	Perceived Quality of Life	2.6667	1.15470	.66667
I feel more relaxed when engaging in leisure activities.	Leisure activities	3.1429	1.46385	.55328
	Perceived Quality of Life	2.6667	1.15470	.66667
Leisure activities provide me with a sense of fulfillment.	Leisure activities	3.2857	1.25357	.47380
	Perceived Quality of Life	2.6667	1.15470	.66667
Participating in leisure activities helps me to reduce stress.	Leisure activities	2.4286	1.27242	.48093
	Perceived Quality of Life	2.6667	1.15470	.66667
I feel happier when I engage in leisure activities.	Leisure activities	2.0000	1.41421	.53452
	Perceived Quality of Life	2.0000	1.73205	1.00000
I feel healthier when I engage in leisure activities.	Leisure activities	2.4286	1.13389	.42857
	Perceived Quality of Life	1.6667	1.15470	.66667
Leisure activities help me to connect with others.	Leisure activities	1.8571	.69007	.26082
	Perceived Quality of Life	2.0000	1.73205	1.00000
I feel more engaged with life when I participate in leisure activities.	Leisure activities	2.2857	.95119	.35952
	Perceived Quality of Life	3.3333	1.15470	.66667
Participating in leisure activities helps me to maintain a work-life balance.	Leisure activities	3.1429	1.21499	.45922
	Perceived Quality of Life	3.0000	1.73205	1.00000
I feel more energized when I engage in leisure activities.	Leisure activities	1.7143	.48795	.18443
	Perceived Quality of Life	2.0000	1.00000	.57735
Overall, I am satisfied with my life.	Leisure activities	1.5714	.78680	.29738
	Perceived Quality of Life	2.0000	1.00000	.57735
I have a sense of purpose in my life.	Leisure activities	2.8571	1.46385	.55328
	Perceived Quality of Life	3.0000	1.00000	.57735
My life is full of opportunities to enjoy myself.	Leisure activities	2.5714	.78680	.29738
	Perceived Quality of Life	2.3333	.57735	.33333
I am satisfied with the amount of time I spend with my family and friends.	Leisure activities	2.4286	1.27242	.48093
	Perceived Quality of Life	2.0000	1.00000	.57735
I feel financially secure and stable.	Leisure activities	2.4286	1.13389	.42857
	Perceived Quality of Life	1.6667	.57735	.33333

I have access to quality healthcare.	Leisure activities	2.7143	1.60357	.60609
	Perceived Quality of Life	3.0000	1.73205	1.00000
I feel safe and secure in my community.	Leisure activities	1.5714	.78680	.29738
	Perceived Quality of Life	2.0000	1.00000	.57735
I am able to pursue my interests and hobbies.	Leisure activities	1.5714	.97590	.36886
	Perceived Quality of Life	1.6667	1.15470	.66667
I have a positive outlook on life.	Leisure activities	3.0000	.57735	.21822
	Perceived Quality of Life	3.3333	1.15470	.66667
I feel that my life has meaning and significance.	Leisure activities	2.7143	.75593	.28571
	Perceived Quality of Life	3.6667	.57735	.33333

The table provides group statistics for a study that examined the relationship between participation in leisure activities and perceived quality of life. The table includes several statements related to leisure activities and their impact on quality of life, along with corresponding means, standard deviations, and standard error means for each statement.

Each statement in the table is related to leisure activities and has a corresponding mean score, which represents the average score given by the study participants for that statement. The standard deviation provides a measure of the variability of responses around the mean, while the standard error of the mean indicates the degree of uncertainty in the mean estimate due to sample size.

In addition to the mean scores for each statement related to leisure activities, the table also includes mean scores for perceived quality of life. The perceived quality of life scores represents the average rating given by participants for their overall satisfaction with life and other factors related to quality of life.

Pearson Correlations

In this data study, we utilise correlation and Pearson correlation to look at how the variables are related to one another. The correlation statistic takes two variables and returns a value between -1 and +1, representing the strength and direction of the relationship between them. There is a perfect positive correlation when the correlation coefficient is 1, indicating that as one variable increases, so does the other, and there is a perfect negative correlation when the correlation value is -1, indicating that as one variable increases, the other declines. If the r value between two variables is 0, then there is no relationship between them.

When both variables are continuous and regularly distributed, a specific sort of correlation coefficient known as the Pearson correlation can be utilised. The linear

relationship between two variables can be measured with this statistic; a positive value indicates a strong relationship, a negative value shows a weak relationship, and a value of 0 indicates that there is no link at all. The Pearson correlation was used to analyse the data and see how the four variables were connected: "I am able to experience a range of emotions and express them appropriately", "I enjoy participating in leisure activities", "I feel more relaxed when engaging in leisure activities", and "Leisure activities provide me with a sense of fulfillment."

Table 2: Pearson correlation in perusing leisure activities.

		Correlations			
		I am able to experience a range of emotions and express them appropriately.	I enjoy participati ng in leisure activities.	I feel more relaxed when engaging in leisure activities.	Leisure activities provide me with a sense of fulfillment.
Pearson Correlation	I am able to experience a range of emotions and express them appropriately.	1.000	.297	.442	.369
	I enjoy participating in leisure activities.	.297	1.000	.905	.899
	I feel more relaxed when engaging in leisure activities.	.442	.905	1.000	.955
	Leisure activities provide me with a sense of fulfillment.	.369	.899	.955	1.000
Sig. (1-tailed)	I am able to experience a range of emotions and express them appropriately.	.	.059	.008	.024
	I enjoy participating in leisure activities.	.059	.	.000	.000
	I feel more relaxed when engaging in leisure activities.	.008	.000	.	.000
	Leisure activities provide me with a sense of fulfillment.	.024	.000	.000	.

This table shows the correlation coefficients (Pearson) between four variables: "I am able to experience a range of emotions and express them appropriately", "I enjoy participating in leisure activities", "I feel more relaxed when engaging in leisure activities", and "Leisure activities provide me with a sense of fulfillment". Coefficients of correlation range from -1 to 1, with higher values indicating a stronger positive connection and lower ones indicating a stronger negative one. If the r value between two variables is 0, then there is no relationship between them. All the correlations between the four variables are positive, indicating that as one variable increases, the other variable also tends to increase. The strongest correlations are between "I enjoy participating in leisure activities" and "I feel more relaxed when engaging in leisure activities" (correlation coefficient = 0.905), as

well as between "I feel more relaxed when engaging in leisure activities" and "Leisure activities provide me with a sense of fulfillment" (correlation coefficient = 0.955). The significance values (Sig.) indicate whether the correlation coefficients are statistically significant. In this case, all the correlations are statistically significant, with p-values less than 0.05 (one-tailed), indicating that the correlations are unlikely to have occurred by chance.

Qualitative analysis

Overall, the findings of the thematic analysis contribute to the existing literature on leisure activities, life satisfaction, and well-being and provide directions for future research in this area.

Theme1: Types of leisure activities of retired elder participation

The participants frequently reported engaging in some form of physical activity as a form of leisure time. Some of the participants mentioned that they kept themselves physically active and healthy by participating in activities such as the activity of gardening is a prevalent leisure pursuit among elderly individuals of Arab descent, predominantly males, and is notably favored in the Middle Eastern region. A considerable proportion of individuals engage in horticulture, specifically in the olive orchards that are commonly possessed by Arab households. Engaging in gardening not only cultivates a sense of accomplishment and direction, but also establishes a bond with the nearby ecosystem and the earth.

Our family has a tradition that has been passed down through generations of engaging in horticultural activities. The knowledge of appropriate olive tree maintenance was imparted to me by my paternal progenitor, which I am now transmitting to my male offspring and their male offspring.

The aforementioned leisure activity serves as a representation of the profound attachment that Arab individuals experience towards their territory and the environment, in addition to the importance that their familial units and customs possess within their community. Furthermore, engaging in gardening activities can foster a sense of direction and achievement, which are instrumental in enhancing one's general well-being and contentment.

Participant responses revealed that socialising with friends and family was another favorite form of leisure activity for them. A significant number of respondents stated that they spent time with their loved ones by attending social events or participating in activities together, such as going out to eat or playing cards. One of the participants, for instance, stated,

"I enjoy getting together with my friends for lunch or coffee. It's a wonderful opportunity to get caught up and maintain relationships."

The utilization of social media platforms facilitates the ability of elderly individuals to sustain connections with their acquaintances and loved ones who may be geographically dispersed, as well as participate in virtual communities that share comparable interests and convictions. Furthermore, senior citizens have the ability to stay informed regarding the most recent cultural and religious occurrences through the utilization of social media, in addition to accessing news and information pertaining to their respective communities.

Television is a preferred leisure activity of mine, and I particularly enjoy viewing documentaries and news programs. The usage of this technology allows for the preservation of my affiliation with my Druze community whilst concurrently ensuring that I am up-to-date with relevant information.

The participants emphasized their preference for television as a leisure activity and their enjoyment of viewing documentaries and news programs. They also highlighted the importance of using this technology to stay connected to their community and stay informed about relevant information. This suggests that television serves as a source of entertainment, information, and social connection for the participant.

From the interviews conducted with retired Arab elder women, it was clear that household chores are an essential leisure activity for them. These women often spend a significant amount of their time at home, taking care of their families and homes. The women expressed that their attachment to their houses increases with age, and they tend to spend more time at home. They feel responsible for everyone and everything in the house, and their identity as women is centered around maternity and domesticity. For some women, domesticity and maternity are presented as the source of their pleasure and fulfillment. They enjoy taking care of their families and homes and find a sense of accomplishment and satisfaction in doing so.

"After retirement, I have more time to dedicate to household chores, and it gives me a sense of purpose and fulfillment. I love spending time at home, taking care of my grandchildren and cooking for my family. It's a way to pass on our traditions to the next generation."

From the interviews conducted, it was clear that these women viewed their domestic responsibilities as a source of fulfillment and pleasure. They felt a sense of responsibility for everyone and everything in the house, and their attachment to their homes increased with age. Moreover, since many of these women are housewives and grandmothers, they tend to become more involved in their family life, taking care of everyone in the family, especially the grandchildren, after retirement.

Because they have more time and money on their hands, retirees often take advantage of this opportunity to travel, and they may go to different countries as well as other parts of the country. The following is a quote from one of the participants:

"I have always been a great traveler, by the time I am retire, I planned to have visited a lot of different places and spent a lot of time outdoors. Personally, I think that participating in this exercise has helped enhance my health as well. "

Frequent attendance at the mosque for prayer is a crucial social activity among elderly Arab males, with Fridays being the most common day for such observances. This religious ceremony not only provides individuals with a sense of spiritual satisfaction, but also facilitates social connections with other members of their community.

"I go to the mosque every Friday to pray and socialize with my fellow Muslims. It's a way of maintaining my faith and staying connected to my cultural heritage."

As per the account provided by one of the interviewees, they attend the mosque on a weekly basis for the purpose of engaging in prayer and interacting with fellow members of the Muslim community. The practice serves as a mechanism for maintaining a connection to one's cultural legacy while simultaneously fortifying one's religious convictions.

The information presented thus far demonstrates that there is a wide variety of leisure activities on which the respondents took part, and all of the questions on these activities were satisfactorily answered. They described their endeavors in detail and have the commitment necessary to continue doing what they do for the rest of their lives. This

demonstrates that taking action on this is the very best course of action, particularly at this age when they are, and it was motivating as well.

Theme 2: Participating in leisure activities affects quality of life

The second theme is that engaging in leisure activities has an impact on one's quality of life. The practice of engaging in recreational activities may contribute to improvements in one's physical well-being. People who took part in my research remarked that the gardening helps them to enjoy their life.

“Engaging in gardening activities imbues within me a feeling of intentionality and fulfillment. Observing the plants of my labor flourish and thrive is a source of satisfaction. Furthermore, this opportunity provides a pleasurable occasion for me to engage with my fellow residents and establish social ties within the local community. It helps me maintain my physical fitness and mobility.”

This showed that gardening is a valuable leisure activity for Arab elderly people, promoting physical and mental health, social connections, and cultural identity. Participants emphasized that gardening is a relaxing and peaceful activity that provides them with a sense of accomplishment and purpose. It allows them to stay active and maintain physical fitness and mobility while also improving their mental well-being.

“Engaging in gardening or household chores elicits a feeling of fulfillment and gratification within me. The activity in question aids in maintaining cognitive and physical engagement, which is duly appreciated. Additionally, it has been observed that the presence of my close acquaintances, including those who are not biologically related to me, elicits a significant amount of positive emotions such as joy and happiness.”

The societal norm often dictates that women are anticipated to assume the role of the primary caregiver within their households. Throughout the interviews, it was evident that the participants attributed great significance to the domestic duties that are intrinsic to the position of a woman in Arab culture. Engaging in household chores was perceived by numerous individuals as an essential task that not only fulfilled a practical purpose, but also served as a form of recreational pursuit that yielded a sense of gratification and contentment. This phenomenon was observed in previous times. According to the participants, a feeling of obligation towards the welfare of their households and families was reported, and this sense of responsibility was found to be positively correlated with

advancing age. Consequently, individuals often allocate a significant amount of their time to completing household tasks and providing care for their loved ones.

It was suggested that taking part in leisure activities could have a beneficial effect on one's mental health. Individuals who participate in leisure activities may experience a greater sense of social connection, which may contribute to an improved quality of life overall. For instance, participating in social activities with one's family or friends can help one feel less alone and create a sense of belonging in the process. A number of people who took part in my research have indicated that they look forward to the weekly card game that they play with their friends because it affords them the opportunity to catch up with one another and makes them feel connected. One of them was quoted as saying,

"I always stay ready with my full mind to play cards because I find that it helps keep me happy and fulfilled."

The benefits of participating in leisure activities that involve mental stimulation on cognitive function were observed when those activities were undertaken. Memory and the ability to solve problems are two talents that can be improved by, for instance, playing games like Dama or tackling crossword puzzles. Some of the people who took part in my research have indicated that after engaging in these activities they experience an increase in their mental clarity and agility. Dama, according to one of them, is something that

"Dama always keeps me active and keeps my mind sharp."

Individuals can improve their overall life satisfaction by engaging in leisure activities since these pursuits can provide them a sense of purpose, help them feel accomplished, and allow them to enjoy themselves. During the course of the interview, just a handful of the participants said that they experience an increase in happiness and a sense of fulfillment when they are able to participate in their favorite hobbies and interests.

Leisure activities can improve sleep quality and duration, improving physical and mental health. A few of the participants have said that they are able to get a better night's sleep on days in which they have engaged in some form of physical activity or hobbies that are soothing. This demonstrates that the leisure activities keep them happy and have improved the quality of their lives in a way that is very beneficial to them.

4. Discussion:

The principal objective of this study was to examine the potential influence of engaging in leisure pursuits on an individual's subjective assessment of their quality of life during their retirement phase. The study's results indicate a significant positive correlation between the degree of participation of elderly individuals in diverse leisure pursuits and their self-reported evaluations of their overall life quality. Same results were also noticed in Baker and his colleagues (2005) and they examined the associations among three distinct subjective well-being measures, namely life satisfaction, happiness, and depressive symptoms, and two global measures of productive activity, namely the quantity of activities and the duration of time allocated to those activities (Baker et al., 2005). The present study posits that engagement in diverse productive activities is likely to enhance an individual's subjective well-being. This is because such behaviors facilitate greater social integration and confer significant social roles. Research of Scott (2020) was to examine the interrelationships between home and community gardening and the self-reported mental, social, and physical well-being of elderly individuals. Additionally, the study aimed to explore the attitudes of older adults towards aging in the context of gardening activities and the advantages of being a member of a gardening club (Scott, 2020).

The aim of this research was to ascertain the factors that typify the involvement of elderly individuals in diverse leisure activities. The study's findings suggest that various facets of leisure pursuits can be classified into six primary groupings. The aforementioned facets encompass sociability, physical activity, relaxation, learning, and cultural exploration, which have been observed among retired individuals of Arab descent, irrespective of gender. Some common factors that may affect elderly individuals' leisure participation include their health status, social support networks, (Abdi et al., 2019) financial resources, access to leisure facilities, personal interests and preferences, and cultural attitudes towards aging and retirement. By typifying these factors, researchers and practitioners can better understand the barriers and facilitators to leisure participation among elderly individuals and design effective intervention programs to promote their engagement in meaningful leisure activities.

The findings from the interviews indicate that there are considerable disparities in the patterns of leisure activity that men and women engage in, particularly when thinking about activities that take place outside of the home. Women are more likely to prioritize their domestic duties and responsibilities, such as cooking, cleaning, and doing the laundry, in comparison to males, who are more likely to participate in extracurricular activities outside of the home (Bloodhart, & Swim, 2020).

These discrepancies might have something to do with the gender-specific roles that are traditionally expected of different sexes (D'Acunto et.al., 2021). According to what was found, femininity is commonly connected with domesticity and caretaking, which may drive women to prioritize their household responsibilities over other types of leisure activities. In addition, some women may discover that taking care of their children and houses provides them with a sense of fulfillment and enjoyment, which can further perpetuate this pattern of behavior. (Busari & Adebayo, 2022) shows that in countries with strong family ties, such as Nigeria's, it is not uncommon for parents to entrust their offspring's upbringing to their parents' parents or parents' parents. This service of providing childcare by grandparents is however taking on a global form with the importation of grandmothers from Nigeria to care for grandchildren whose parents, out of the necessity of achieving economic success, must work full-time.

According to findings from a study conducted on elderly Arabs living in Israel who are retired, there are substantial gender-based disparities in the opportunities available to men and women for leisure pursuits. These distinctions can be linked to a wide range of factors, including cultural norms, gender roles, and socioeconomic level, among others.

To begin, cultural norms and gender roles play a considerable impact in the way retired Arab seniors in Israel use their leisure time. This is especially true with women. In this society, it is expected that women will place a higher priority on their household chores and the responsibilities of caregiving than they will on participating in leisure activities, whereas it is expected that men will have more freedom and liberty to participate in leisure activities. This can make it more difficult for women to participate in extracurricular activities outside the home. (Ferguson & Martin-Dunlop, 2021) noticed the same results

and their research were conducted in Africa, their women were also facing the same problem.

Second, the economic conditions of retired Arab elders, particularly women, can have an effect on their availability to participate in leisure activities. Due to reduced rates of employment and limited access to social services, many Arab women who have reached retirement age in Israel find difficulties meeting their financial obligations. This may restrict their ability to participate in leisure activities such as traveling, participating in sports, or cultural events that demand financial resources on their part. (Xu & Wang, 2021) showed the same results where the gender specificity was noticed. In addition, women in this community confront additional obstacles to their mobility, such as a scarcity of available modes of transportation and worries about their personal safety. This could make it more difficult for them to participate in leisure activities that require them to go outside of their surrounding community, such as going to cultural or recreational facilities in cities that are close by.

On the other hand, retired Arab men in Israel often have greater access to leisure activities as a result of increased financial independence, greater mobility, and greater flexibility to participate in activities outside the house. They are more likely to participate in social activities like playing cards or dominoes with friends or taking part in events that take place in the community. (Zhao & Yuan, 2023) results pondered upon the same facts about males. It is possible that cultural norms, gender roles, and financial considerations all play a part in the disparity in access to leisure activities that exists between retired Arab men and women in Israel. It is possible that if these obstacles were removed and more chances were made available for retired Arab women to participate in recreational activities, their general health and quality of life would improve.

To examine the potential impact of leisure activity satisfaction on an individual's overall life satisfaction and happiness was another examined question. The study's results indicate a significant correlation between the degree of contentment individuals experience with their leisure pursuits and their overall subjective well-being. This research topic aimed to identify the factors that influence the level of happiness among elderly individuals. The study's results suggest that an individual's level of happiness is influenced by three key

factors: their physical well-being, the quality of their familial relationships, and their financial status as shown in (Yeo & Lee, 2019). They observed that the well being is perceived through the satisfaction of the leisure activity. This shows significance of individual differences, such as personality and health status, in shaping one's leisure preferences and overall well-being. Research has shown that these factors play a crucial role in determining one's life satisfaction and positive emotions.

For instance, the participant's outgoing and social personality predisposes them to engage in leisure activities that involve social interaction and connection with others. Similarly, their chronic health condition limits their physical activity, but they find alternative leisure activities that contribute to their overall well-being and satisfaction with life. This has been seen that seeking social support and engaging in problem-solving, help them overcome challenges and maintain a positive outlook and (Dang et al., 2022) told about the same problem. This suggests that coping strategies can play a significant role in shaping one's leisure activities and overall well-being.

5. Conclusion

The data presented in this study suggests that participation in leisure activities is positively associated with the general life satisfaction and well-being of elderly Arab retirees residing in Israel. The proposed theoretical framework posits that engagement in distinct categories of leisure pursuits will result in varying degrees of leisure contentment, which will subsequently influence general life satisfaction. The empirical evidence substantiates this association. The study conducted a quantitative analysis and observed that there existed positive and statistically significant correlations among the variables. The results indicate that retired Arab elders in Israel experience increased satisfaction and well-being as a result of engaging in leisure activities.

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